

Health & Wellness

Doc Shop

How and why to find the right primary care physician

One Nineteen

Your “one-stop shop” for Obstetrics



Doc Shop

How and why to find the right primary care physician



Maybe you haven't had a "real" doctor since you graduated from high school. Or maybe you take those minor complaints – suspected strep throat or a twisted ankle – to a local clinic commonly known as a "doc-in-the-box." Or maybe you're relatively new to the area and just haven't had a chance to find a doctor.

In any case, you have no idea who you'd call if something serious arose.

Many adults don't establish a primary care provider because they're relatively healthy and haven't had a pressing reason to establish a physician relationship. They're not yet at the age that requires yearly checkups.

But finding a primary care provider, typically a family medicine or internal medicine specialist, is important for several reasons, says John

Farley, MD, of Birmingham Internal



John Farley, MD
Birmingham
Internal Medicine
Associates

Medicine Associates at St. Vincent's One Nineteen.

"The most important thing is that bad things do happen to people," says Farley. "Even if you're young you could have a gall bladder attack or something else happen. If you don't already have a doctor, you might wind up anywhere."

Developing a relationship with a primary care physician means that when those bad things happen you have what Farley calls a "quarterback"

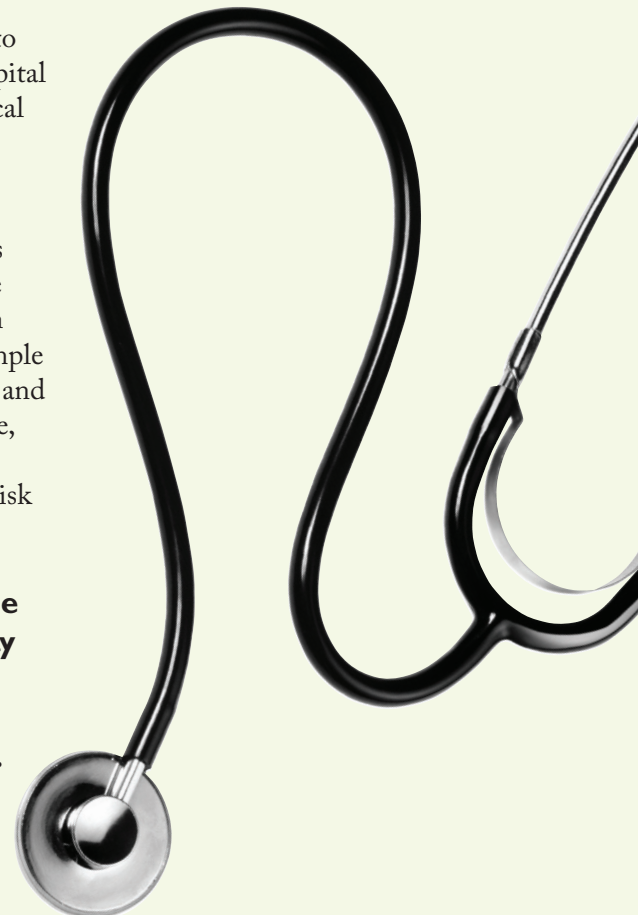
– someone qualified to direct you to the right surgeon/specialist or hospital and to coordinate the whole medical team that's working on your care.

The quarterback is not only an emergency advocate, but also helps lessen the chance of many of those bad things ever happening. He can keep you in shape by providing simple screenings customized to your age and family history. High blood pressure, cholesterol, or blood sugar can be detected and treated early, before risk factors build.

"It's like having an insurance policy," says Farley. You may not need your doc, but it's nice to know that you can cash in that policy anytime.

"Cashing in" might happen when you're in the emergency room. Or the payoff might be when you're at the lake on a Saturday and acquire a nasty poison ivy rash. A doc who knows you can handle that concern with a simple pharmacy call and prevent an afternoon spent at an unknown clinic.

You'll also want the advice of a primary care physician when you need a referral to a specialist. Your physician can not only recommend the best-of-the-best at your preferred hospital but can also make a call that might

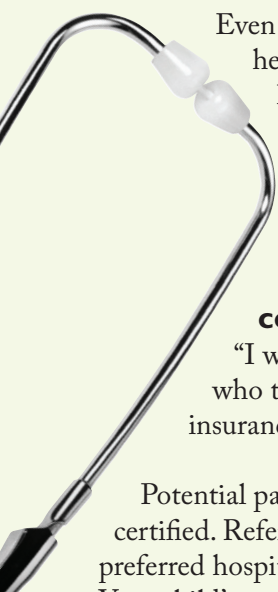




speed the waiting time to get on an otherwise-booked calendar.

But how do you shop for a doc? Although some potential patients look online, medical professionals don't consider physician rating sites to be as reliable as the ratings for, say, a hotel at the beach.

"That's not a particularly helpful way to find a doctor," says Farley. Those who take time to post opinions rarely provide accurate representation, as they typically have strong emotion – adoration or disdain – about the physician. Those who merely like their doctor and feel satisfied with his or her work are unlikely to spend keyboard time logging opinions.



Even sites listing malpractice suits may not be helpful, Farley says, as doctors willing to take high-risk patients sometimes suffer the consequences of their charity.

"The vast majority of my new patients come because of a referral from their friend, coworker, or neighbor," says Farley.

"I would recommend asking people you know who they like, and then checking with your insurance company."

Potential patients can verify that the doctor is board certified. Referrals can also come from the patient's preferred hospital, such as St. Vincent's Dial-A-Nurse. Your child's pediatrician or your obstetrician/gynecologist may also have suggestions.

It's okay to "shop" for rapport and convenience as well as medical expertise, Farley says. Having a doctor's office nearby can influence how well patients comply with follow-up treatment. And, having a doctor you like will also raise the chances that you'll feel comfortable bringing up issues such as depression

before they become severe. Like other area primary care physicians, Farley enjoys the long-term relationships he develops with patients. Younger patients bring in their retired parents. They also ask him for referrals to obstetricians and then pediatricians as their families grow. It's one of the reasons this internal medicine specialist loves his field and encourages adults of all ages to shop for their "good fit" in a primary care physician.



Need help finding a physician?

Call St. Vincent's Dial-A-Nurse at 939-7878 weekdays 8:00 a.m. to 5:00 p.m. or log onto <http://www.stvhs.com/dialanurse.asp> for an e-mail consult. All referrals are free and include St. Vincent's Wellness Services as well as physician information. You can ask for a physician office near your zip code. All referrals are provided based on the patient's needs and preferences.

Dial-A-Nurse is not for emergencies, but the professional who answers your call can offer confidential information on a wide variety of health topics.

One Nineteen

Your “one-stop shop”
for Obstetrics



If you’ve lived in the area for many years, you probably know that St. Vincent’s Birmingham is “Where Babies Come From.”

That’s one reason patients drive downtown from Chelsea and other suburbs to see Sarah Davis, MD, of Birmingham OB/GYN and William Johnson, III, MD, of OB/GYN Associates of Alabama and their colleagues.

What many of those patients don’t know, says Johnson, is that they have an option much closer to home.

“We have many patients along the 280 corridor who want to deliver at St. Vincent’s Birmingham but have no clue they can see us at St. Vincent’s One Nineteen,” says Johnson. “They’re delighted to learn they can receive services without driving downtown.”

Davis says the shorter commute is only one reason her patients prefer seeing physicians on their scheduled days at One Nineteen. They also appreciate the ground-level, free parking and inexpensive onsite childcare.

“Parking is so easy and they can zip in and be seen on time,” says Davis.

Although both Davis and Johnson are well-gearred to the surgery/delivery interruptions necessary to their hospital-adjacent offices, both practices find One Nineteen’s scheduling more predictable. “It’s one of the reasons I enjoy the One Nineteen office,” Davis says, though all physicians are pleased to offer dual offices, both with state-of-the-art facilities.

“The St. Vincent’s Birmingham delivery facility is absolutely tops,” says Davis. The convenience of St. Vincent’s One Nineteen for routine office visits is complemented by round-the-clock attention by those same physicians during labor, delivery, and recovery.

The teamwork between doctors, staff, and families typically starts at least a year earlier than delivery. Davis and Johnson both recommend patients schedule a “preconception” appointment about three months before initiating pregnancy. Preconception counseling includes a review of patient medications, lifestyle and medical history, including general health and family history. The doctor will also review any genetic concerns.

Another important focus of this visit is nutrition. Prescribed prenatal vitamins and folic acid supplements can reduce risk of specific birth defects.

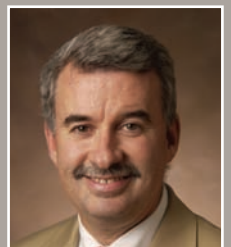
Though not absolutely necessary, this visit is considered “ideal” preparation for pregnancy, Davis says. It can be incorporated into a woman’s annual checkup or scheduled separately. Patients may also raise concerns about fertility, abnormal cycles, or endometriosis and learn about managing risk factors, including those related to age.

“Many women over age 35 achieve successful pregnancies, but there are genetic factors to consider,” says Johnson.

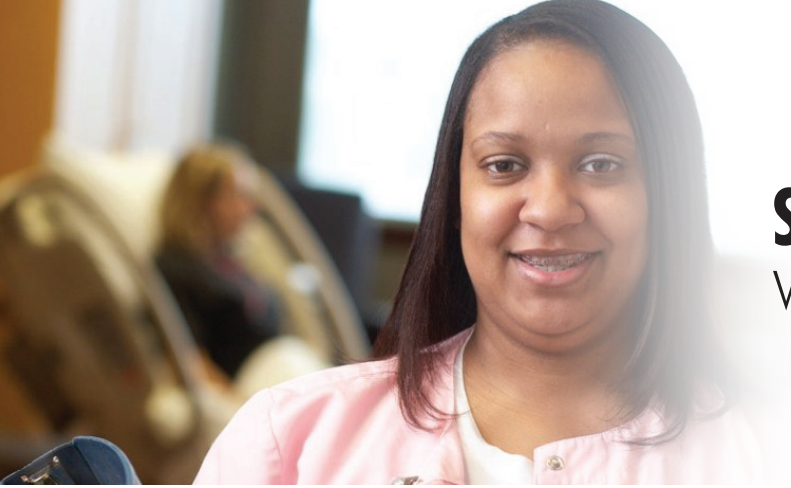
Both doctors agree it is normal for conception to take up to a year. After that, couples should seek a consult. Women over 35 might talk to their physician after six months, says Davis.

A woman should notify her doctor once a home pregnancy kit confirms the happy news.

An appointment will be scheduled six to eight weeks into the pregnancy. That’s when the doctor will establish a due date, process lab work, order an ultrasound, and address any immediate concerns. Once-a-month visits will be followed by once-a-week visits as the pregnancy advances.



William Johnson, III, MD
OB/GYN Associates of
Alabama



St. Vincent's Birmingham

Where Babies Come From

Those frequent trips are easier when the doctor's office is close to the patient's home or work. Additional services (see box) are also available at the facility, easing the transition for parents and siblings.

There are good reasons why St. Vincent's Birmingham has been known as the "baby hospital" for generations of local families.

Now the hospital has extended its reach to One Nineteen, offering more services than ever for expectant moms and their families.

Beyond the doctor's visit

One Nineteen's new/ expectant mom services

Some moms schedule their obstetric appointments at St. Vincent's One Nineteen because they live nearby. Others choose this facility because they can park free at ground level, roll their stroller to the childcare center (\$3 an hour), see their doctor, and enjoy a fitness workout and juice bar conversation before picking up their toddler and heading home.

From pre-parenthood classes to post-pregnancy physical therapy, St. Vincent's One Nineteen partners with St. Vincent's Birmingham for a range of obstetrics-related services, mostly offered onsite. Here's a partial list:

- **Parental preparation classes.** "Preparing for Parenthood" caters to experienced parents and rookies.
- **Family classes.** Grandparents and siblings can learn in separate classes about labor, delivery, and what to expect with the new baby. This includes birth suite tours at St. Vincent's Birmingham. "CPR for Family and Friends" offers instruction on helping a choking infant, child, or adult. "Super Sitters" teaches children ages 11 and older how to care for siblings and friends.

- **Fitness classes** range from prenatal aquatics to "Mommy and Me," a pool-centered exercise class for infants and moms. Yoga is also an ideal "expectant" option.
- **One-on-one instruction.** Trainers can design programs for every pregnancy stage, helping a woman lose weight before or after pregnancy or simply maintain muscle tone.
- **Spa treatments.** Pre/postnatal massages treat aches and pains. Afterwards, splurge on a pedicure, facial, or other stress reliever.
- **Physical therapy.** Post-delivery back pain? Physician-referred physical therapists give onsite help.
- **Nutrition.** One Nineteen's Registered Dietitians offer real-life eating plans and recipes for before, during, and after. They can also advise on homemade baby food and other pediatric meal concerns.

For more information about One Nineteen's fitness, nutrition, spa, and therapy programs, call 408-6600. For parenting/family classes, call St. Vincent's Dial-A-Nurse at 939-7878. Registered nurse Cindy Hardy of Wellness Services says they are always interested in adding new classes. Let Dial-A-Nurse know of specific interests.

Care you can believe in

St. Vincent's One Nineteen



Area residents have long admired St. Vincent's Birmingham's physicians, advanced testing, and compassionate care. When St. Vincent's One Nineteen opened in early 2005, they expected more of the same. But they got much more than expected.

A unique healthcare concept, One Nineteen focuses on the prevention of illness and injury. The combination of physicians, diagnostics, physical therapy, fitness, spa, and wellness allows its expert staff to provide guests with holistic, integrated healthcare.

"St. Vincent's One Nineteen is not just for when you need sick-care services," says Stephanie Holderby, Executive Director. "We are part of a community and health system that recognizes the importance of providing facilities where people can make decisions about wellness and lifestyle changes."

All these elements work together to assess and improve the quality of life for those who utilize the services at One Nineteen.

Physicians

With more than 50 physicians and 14 specialties, One Nineteen offers expert medical care in obstetrics, gastroenterology, cardiology, orthopedics, and more.

Diagnostics

The next time your doctor orders a diagnostic test, ask to have it scheduled at One Nineteen. Tests include CT Scan, DEXA Scan, General X-ray, Mammography, MRI, Nuclear Medicine, Cardiology, and Ultrasound. We provide the same digital and clinical excellence you receive at the hospital.

Physical Therapy

When your body needs to heal, it deserves the best care possible. Our therapists and trainers specialize in individualized treatment plans to help you get back on track and back in the game.

Fitness

More than a gym, Fitness One Nineteen promotes total wellness

through personalized service and state-of-the-art amenities. Loaded with top-of-the-line equipment, pools, walking tracks, and more, we've got everything you need to get healthier and reach your fitness goals.

Spa

The luxurious atmosphere and attentive staff at Spa One Nineteen set it apart from your local "corner nail salon." Expect to be nourished from head to toe, including therapeutic facials and massages. We also offer Medi-Spa treatments such as IPL and laser hair removal.

Wellness

One Nineteen Wellness Services includes seminars, cooking demonstrations, and an executive health program designed for busy professionals who want same-day extensive diagnostic testing.

For more information, call 408-6600 or visit onenineteen.com.



Try us out for the summer. No contract.

No enrollment fee. Just pay your membership for July and August and use the facility as a full member. Join anytime during those months and get 50% off the enrollment fee.

Try us before you buy us!

Call 408.6550

for more information.

FITNESS

One Nineteen



“Put me in, coach!”

Old School versus New School sports injury treatment

Old School: Young athlete pulls a muscle. She does nothing for two weeks. When she returns, she has lost strength and is re-injured.

New School: Young athlete pulls a muscle. She’s diagnosed and referred to physical therapy for supervised flexibility/strength training. She returns stronger than ever, with no re-injury.

What’s a parent to do? Your child comes limping off the field. It’s evident nothing is broken, but it’s also evident he can’t play soccer, lacrosse, or any other intense sport. He’s trained for a year and is crushed to think he might sit out the season.

That’s the daily scenario seen by sports medicine professionals like Matt Davis, MD, of Davis Orthopedics and Marc Bernier, MPT, CSCS, St. Vincent’s One Nineteen outpatient rehabilitation manager.

The good news? Sports medicine specialists are determined to get young athletes safely back into the game, in the shortest time possible. They know tennis players, gymnasts, cheerleaders, ball players, and their parents have made major sacrifices. Scholarships may even ride on their performance.

That’s why Davis and Bernier team up to minimize recovery time and re-injury. Davis recommends parents call a physician if an otherwise non-emergency injury persists for 24 to 48 hours with continued swelling, significant bruising, or difficulty using the affected area.

Chronic pain lasting more than a month should also be addressed. Physician-referred physical therapists like Bernier can often identify why a pitcher, for example, requires icing after each game or why a lacrosse player is developing knee pain. Recently he improved an athlete’s running performance by 50 percent within 15 minutes, just by observing the child as he ran in

the One Nineteen gym. That athlete’s growth spurt had changed his performance patterns.

“The sooner they can get in, the quicker we can speed the process,” said Bernier. Re-injury and resulting scar tissue can be avoided through progressive strengthening. When cleared to return, the student should be in excellent shape, ready to rejoin the team.

Students may hide their pain, fearful their beloved pediatrician will prohibit all activity. In that case, a parent may ask the doctor for a physical therapy referral or consult a sports medicine specialist, telling the student that this doctor is “all about sports.”

Students are also glad to know that only 50 percent of Davis’s patients require surgery. Those following his physical therapy referral often recover in half the time of those not pursuing treatment.

“Put me in, coach! I’m ready to play.” Those are magical words to sports medicine specialists. Each of these New School professionals is eager to send athletes back, better-than-ever, pursuing sports they love.



Matt Davis, MD
Davis
Orthopedics



Marc Bernier
Outpatient
Rehabilitation
Manager



One Nineteen

Is there a doctor in the neighborhood?

INTERNAL MEDICINE

Birmingham Internal Medicine Associates, PC • 205-995-9909

- John Farley, MD
- Rebecca Lockhart, MD
- S. Jason Smith, MD
- Edward Alderson, MD
- Tammy Leong, MD
- Henry Frohsin, MD
- Elizabeth Briggs, MD

ASTHMA & ALLERGY

Birmingham Allergy and Asthma Specialists, PC • 205-943-1197

- Clara Chung, MD
- Carol Smith, MD

CARDIOLOGY

Alabama Cardiovascular Group, PC • 205-939-0139

- Byron Jones, MD
- Michael Simpson, MD
- Robert Foster, MD
- Brian Snoddy, MD
- Jason Thompson, MD
- Birmingham Heart Clinic, PC • 205-856-2284
- Van Reeder, MD
- C. Andrew Brian, MD
- James Trimm, MD

DERMATOLOGY

Greystone Dermatology • 205-408-4488

- Sandra L. Zahradka, MD

ENT

Alabama Nasal and Sinus Center, PC • 205-980-2091

- Michael Sillers, MD
- Shelby Ear, Nose and Throat, PC • 205-621-8900
- David Halvorson, MD

GENERAL SURGERY

Breast Care Center of Birmingham, PC • 205-877-2987

- April Maddux, MD

NEUROLOGY

Hamo Neurology, PC • 256-249-0091

- Wael Hamo, MD

OBSTETRICS/GYNECOLOGY

Birmingham OB/GYN, PC • 205-933-8334

- Michele Christine, MD
- Henry Crommelin, MD
- David Damrich, MD
- L. Jeffers Fowlkes, MD
- David McKee, MD
- Sarah Davis, MD
- OB/GYN Associates of Alabama, PC • 205-271-1600
- Jodie Benton, MD
- Rebecca DeRosier, MD
- Ronald Orso, MD
- Ashley Przybysz, MD
- Lori Smith, MD
- Dean Veren, MD
- Christy Heath, MD
- William Johnson III, MD

OPHTHALMOLOGY/OPTOMETRY

Alabama Vision Center • 205-991-2021

- Price Kloess, MD
- Jack Turner, OD
- Andrew Velazquez, MD

ORTHOPEDICS

Sports Medicine & Orthopedic Specialists, PC • 205-595-6757

- Samuel Goldstein, MD
- Renee Riley, MD
- James Flanagan, MD
- Davis Orthopedics • 205-533-6644
- Matt Davis, MD
- Cherie Miner, MD
- Emily Bell Casey, MD

PAIN MANAGEMENT

Southern Pain Specialists, PC • 205-995-9967

- Kenneth Varley, MD
- Andrew Rozsa, PhD

PLASTICS

Clinton Plastic Surgery Center • 205-408-9787

- Michael Clinton, MD

ST. VINCENT'S GI LAB

Birmingham Gastroenterology Associates, PC • 205-271-8000

- Craig Philpot, MD
- Owen McLean, MD

Gastroenterology Associates South, PC • 205-933-0960

- Steve Coleman, MD
- Carrie Folse, MD

Southview Medical Group, PC • 205-918-1471

- Jack Averett, MD

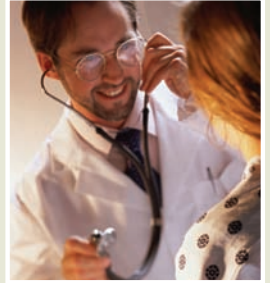
VASCULAR AND VEIN

Alabama Vascular and Vein Center, PC • 205-823-0151

- James Isobe, MD

St. Vincent's Lab Services are also available.

St. Vincent's One Nineteen
7191 Cahaba Valley Road, Birmingham, AL 35242
205-408-6600 • onenineteen.com



St. Vincent's
HEALTH SYSTEM
Care you can believe in